

Skees Senior Activity Center 7431 U.S. 42 Florence, KY Center Manager Christine Miskell CMiskell@myy.org Assistant Mgr. Jeannie Hoffman JHoffman@myy.org Phone: (859) 282-4061 Fax: (859) 282-4065 Building & Fitness Room Monday - Friday 8:30a - 2:30p Lunch Menu At Desk Meals on Wheels lunch Call Center 2 Days in advance, before 1pm Lunch arrives 11:30 \$3 Donation	Monday	Tuesday	Wednesday	Thursday	Friday
	Weather Notice: The center will be CLOSED whenever Boone County Schools are closed due to inclement weather # Sign-Up is required to attend the 12/17 Lunch & Learn # Call One Day In Advance To Reserve a Spot For Exercise # Grandchildren Not Permitted at This Time # Bring Your Own Snack and Drink If Needed		1) 10:45- Gentle Mat Yoga 12:30- Bingo	2) 9:30- Tai Chi Arthritis 10:00 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	3) Last Day for Coat Drive 9 – 2 Private Sewing Group 9:30 –Dance Fit 12:30- BINGO **No Mah-Jong Today**
	6) 9:00- Wii Bowling 9:00- Mah-Jong 12:30- Art Lessons	7) 9:15 – Silver Sneaker Yoga 10:00- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	8) 10:45- Gentle Mat Yoga 12:30- Bingo	9) 9:30- Tai Chi Arthritis 10:00 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	10) Last Day for Go Pantry 9:00- Mah-Jong 9:30 –Dance Fit 12:30- BINGO
	13) 9:00- Wii Bowling 9:00- Mah-Jong 12:30- Art Lessons	14) Last Day for Adopt A Senior 9:15 – Silver Sneaker Yoga 10:00- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	15) 10:45-Gentle Mat Yoga 12:00- Nutrition Ed with Diane Mason 12:30- Bingo 6:00 pm Self Driven Group Trip- Dinner Show Bluegrass Marketplace Dry Ridge- Gut Life w Nick	16) 9:30- Tai Chi Arthritis 10:00 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	17) 9:00-Mah-Jong 9:30 –Dance Fit 11- Christmas Lunch & Learn Sponsored by: Magnolia Springs ** Reserve a Seat 12:45- BINGO
	20) Commodities 9:00- Wii Bowling 9:00- Mah-Jong 12:30- Art Lessons	21) 9:15 – Silver Sneaker Yoga 10:00- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	22) 10:45-Gentle Mat Yoga 12:30- Bingo	23) 9:30- Tai Chi Arthritis 10:00 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	24) Center Closed Christmas Eve
	27) Center Closed	28) 9:15 – Silver Sneaker Yoga- Video 10:00- Canasta 10:30 –Silver Sneaker Classic 11:45- Beginner Line Dance 12:15- Regular Line Dance	29) 10:45-Gentle Mat Yoga- Video 12:30- Bingo	30) 9:30- Tai Chi Arthritis 10:00 – Canasta & Cards 12- Silver Sneaker Classic 1:00 – Chair Volleyball	31) Center Closed Happy New Year's Eve

Note: There is hand sanitizer and wipes throughout the center for your use. Please do your part by sanitizing any equipment / tables / chairs that you use during your visit. Please remember to wash / sanitize your hands often. Thank you for your help by providing a safe environment.